

**Table 68 (page 1 of 7). Healthy weight, overweight, and obesity among adults aged 20 and over, by selected characteristics: United States, selected years 1960–1962 through 2007–2010**

Updated data when available, Excel, PDF, more data years, and standard errors: <http://www.cdc.gov/nchs/hus/contents2012.htm#068>.

[Data are based on measured height and weight of a sample of the civilian noninstitutionalized population]

Sex, age, race and Hispanic origin <sup>1</sup> , and percent of poverty level	Healthy weight (BMI from 18.5 to 24.9) <sup>2</sup>						
	1960–1962	1971–1974	1976–1980 <sup>3</sup>	1988–1994	1999–2002	2003–2006	2007–2010
20–74 years, age-adjusted <sup>4</sup>							
Percent of population							
Both sexes <sup>5</sup>	51.2	48.8	49.6	41.7	32.9	31.4	29.8
Male	48.3	43.0	45.4	37.9	30.2	26.1	25.8
Female	54.1	54.3	53.7	45.3	35.6	36.6	33.6
Not Hispanic or Latino:							
White only, male	---	---	45.3	37.4	29.5	26.5	25.6
White only, female	---	---	56.7	49.2	39.7	40.0	36.9
Black or African American only, male	---	---	46.6	40.0	35.5	26.8	28.3
Black or African American only, female	---	---	35.0	28.9	21.2	18.4	17.7
Mexican male	---	---	36.6	29.8	25.6	22.4	18.0
Mexican female	---	---	35.9	29.0	27.6	24.5	20.2
Percent of poverty level: <sup>6</sup>							
Below 100%	---	45.8	45.1	37.3	32.4	31.7	27.5
100%–199%	---	45.1	47.6	39.2	29.7	31.1	27.2
200%–399%	---	48.3	50.1	41.9	29.5	29.4	29.4
400% or more	---	53.9	53.0	46.0	36.9	33.8	32.3
20 years and over, age-adjusted <sup>4</sup>							
Both sexes <sup>5</sup>	---	---	---	41.6	33.0	31.6	29.8
Male	---	---	---	37.9	30.2	26.6	25.7
Female	---	---	---	45.0	35.7	36.5	33.7
Not Hispanic or Latino:							
White only, male	---	---	---	37.3	29.6	26.8	25.5
White only, female	---	---	---	48.7	39.5	39.6	36.9
Black or African American only, male	---	---	---	40.1	34.7	27.0	28.5
Black or African American only, female	---	---	---	29.2	21.6	19.2	17.9
Mexican male	---	---	---	30.2	26.5	23.8	18.5
Mexican female	---	---	---	29.7	27.5	25.1	21.3
Percent of poverty level: <sup>6</sup>							
Below 100%	---	---	---	37.5	32.7	32.1	27.3
100%–199%	---	---	---	39.3	30.5	31.3	27.6
200%–399%	---	---	---	41.8	29.6	29.7	29.7
400% or more	---	---	---	45.5	36.5	33.7	32.1
20 years and over, crude							
Both sexes <sup>5</sup>	---	---	---	42.6	32.9	31.4	29.6
Male	---	---	---	39.4	30.4	26.6	25.8
Female	---	---	---	45.7	35.4	35.9	33.2
Not Hispanic or Latino:							
White only, male	---	---	---	38.2	29.2	26.2	24.8
White only, female	---	---	---	48.8	38.7	38.2	35.7
Black or African American only, male	---	---	---	41.5	35.9	27.1	29.4
Black or African American only, female	---	---	---	31.2	21.8	19.2	17.6
Mexican male	---	---	---	35.2	29.4	25.2	19.5
Mexican female	---	---	---	32.4	29.5	25.8	22.3
Percent of poverty level: <sup>6</sup>							
Below 100%	---	---	---	39.8	34.5	33.2	29.2
100%–199%	---	---	---	41.5	31.5	31.7	28.0
200%–399%	---	---	---	42.9	29.7	29.6	29.5
400% or more	---	---	---	44.6	35.3	32.1	30.5
Male							
20–34 years	55.3	54.7	57.1	51.1	40.3	35.9	37.5
35–44 years	45.2	35.2	41.3	33.4	29.0	24.1	19.8
45–54 years	44.8	38.5	38.7	33.6	24.0	20.8	21.8
55–64 years	44.9	38.3	38.7	28.6	23.8	19.3	19.4
65–74 years	46.2	42.1	42.3	30.1	22.8	21.2	21.6
75 years and over	---	---	---	40.9	32.0	33.1	25.4
Female							
20–34 years	67.6	65.8	65.0	57.9	42.5	45.1	41.1
35–44 years	58.4	56.7	55.6	47.1	37.1	37.6	34.4
45–54 years	47.6	49.3	48.7	37.2	33.1	31.1	30.7
55–64 years	38.1	41.1	43.5	31.5	27.6	29.5	26.7
65–74 years	36.4	40.6	37.8	37.0	26.4	28.5	23.9
75 years and over	---	---	---	43.0	36.9	35.4	35.4

See footnotes at end of table.

**Table 68 (page 2 of 7). Healthy weight, overweight, and obesity among adults aged 20 and over, by selected characteristics: United States, selected years 1960–1962 through 2007–2010**

Updated data when available, Excel, PDF, more data years, and standard errors: <http://www.cdc.gov/nchs/has/contents2012.htm#068>.

[Data are based on measured height and weight of a sample of the civilian noninstitutionalized population]

Sex, age, race and Hispanic origin <sup>1</sup> , and percent of poverty level	Overweight (includes obesity; BMI greater than or equal to 25.0) <sup>2</sup>						
	1960–1962	1971–1974	1976–1980 <sup>3</sup>	1988–1994	1999–2002	2003–2006	2007–2010
Percent of population							
20–74 years, age-adjusted <sup>4</sup>							
Both sexes <sup>5</sup>	44.8	47.7	47.4	56.0	65.2	66.9	68.5
Male	49.5	54.7	52.9	61.0	68.8	72.6	73.3
Female	40.2	41.1	42.0	51.2	61.7	61.2	63.9
Not Hispanic or Latino:							
White only, male	---	---	53.4	61.6	69.5	72.1	73.5
White only, female	---	---	38.7	47.2	57.0	57.4	60.2
Black or African American only, male	---	---	51.3	58.2	62.0	72.0	70.2
Black or African American only, female	---	---	62.6	68.5	77.6	80.5	80.3
Mexican male	---	---	62.2	69.4	74.1	77.3	81.8
Mexican female	---	---	62.2	69.6	71.4	74.4	79.2
Percent of poverty level: <sup>6</sup>							
Below 100%	---	49.3	50.0	59.8	65.2	66.0	69.5
100%–199%	---	50.9	49.0	58.2	68.0	66.6	70.9
200%–399%	---	48.4	47.3	56.0	68.7	69.3	68.8
400% or more	---	43.4	45.0	51.8	61.8	64.7	66.7
20 years and over, age-adjusted <sup>4</sup>							
Both sexes <sup>5</sup>	---	---	---	56.0	65.1	66.7	68.5
Male	---	---	---	60.9	68.8	72.1	73.3
Female	---	---	---	51.4	61.6	61.3	63.9
Not Hispanic or Latino:							
White only, male	---	---	---	61.6	69.4	71.8	73.6
White only, female	---	---	---	47.5	57.2	57.9	60.3
Black or African American only, male	---	---	---	57.8	62.6	71.6	70.0
Black or African American only, female	---	---	---	68.2	77.2	79.8	80.0
Mexican male	---	---	---	68.9	73.2	75.8	81.3
Mexican female	---	---	---	68.9	71.2	73.9	78.0
Percent of poverty level: <sup>6</sup>							
Below 100%	---	---	---	59.6	64.7	65.7	69.7
100%–199%	---	---	---	58.0	67.3	66.5	70.5
200%–399%	---	---	---	56.0	68.6	69.0	68.6
400% or more	---	---	---	52.4	62.2	64.7	66.9
20 years and over, crude							
Both sexes <sup>5</sup>	---	---	---	54.9	65.2	66.9	68.7
Male	---	---	---	59.4	68.6	72.1	73.2
Female	---	---	---	50.7	62.0	61.9	64.5
Not Hispanic or Latino:							
White only, male	---	---	---	60.6	69.9	72.5	74.2
White only, female	---	---	---	47.4	58.2	59.4	61.7
Black or African American only, male	---	---	---	56.7	61.7	71.6	69.1
Black or African American only, female	---	---	---	66.0	76.9	79.7	80.2
Mexican male	---	---	---	63.9	70.1	74.6	80.2
Mexican female	---	---	---	65.9	69.3	73.0	77.1
Percent of poverty level: <sup>6</sup>							
Below 100%	---	---	---	56.8	62.5	64.4	67.8
100%–199%	---	---	---	55.7	66.2	66.0	70.1
200%–399%	---	---	---	54.9	68.5	69.0	68.8
400% or more	---	---	---	53.3	63.7	66.5	68.5
Male							
20–34 years	42.7	42.8	41.2	47.5	57.4	61.6	61.1
35–44 years	53.5	63.2	57.2	65.5	70.5	75.2	80.2
45–54 years	53.9	59.7	60.2	66.1	75.7	78.5	76.8
55–64 years	52.2	58.5	60.2	70.5	75.4	79.7	79.8
65–74 years	47.8	54.6	54.2	68.5	76.2	78.0	77.5
75 years and over	---	---	---	56.5	67.4	65.8	73.2
Female							
20–34 years	21.2	25.8	27.9	37.0	52.9	50.9	55.4
35–44 years	37.2	40.5	40.7	49.6	60.6	60.7	63.9
45–54 years	49.3	49.0	48.7	60.3	65.1	67.3	66.2
55–64 years	59.9	54.5	53.7	66.3	72.2	69.6	72.2
65–74 years	60.9	55.9	59.5	60.3	70.9	70.5	74.2
75 years and over	---	---	---	52.3	59.9	62.6	63.2

See footnotes at end of table.

**Table 68 (page 3 of 7). Healthy weight, overweight, and obesity among adults aged 20 and over, by selected characteristics: United States, selected years 1960–1962 through 2007–2010**

Updated data when available, Excel, PDF, more data years, and standard errors: <http://www.cdc.gov/nchs/hus/contents2012.htm#068>.

[Data are based on measured height and weight of a sample of the civilian noninstitutionalized population]

Sex, age, race and Hispanic origin <sup>1</sup> , and percent of poverty level	Obesity (BMI greater than or equal to 30.0) <sup>2</sup>						
	1960–1962	1971–1974	1976–1980 <sup>3</sup>	1988–1994	1999–2002	2003–2006	2007–2010
20–74 years, age-adjusted <sup>4</sup>							
Percent of population							
Both sexes <sup>5</sup>	13.3	14.6	15.1	23.3	31.1	34.1	35.3
Male	10.7	12.2	12.8	20.6	28.1	33.1	34.4
Female	15.7	16.8	17.1	26.0	34.0	35.2	36.1
Not Hispanic or Latino:							
White only, male	---	---	12.4	20.7	28.7	33.0	34.7
White only, female	---	---	15.4	23.3	31.3	32.5	32.9
Black or African American only, male	---	---	16.5	21.3	27.9	36.3	38.7
Black or African American only, female	---	---	31.0	39.1	49.4	54.3	54.4
Mexican male	---	---	16.0	24.4	29.0	30.4	36.5
Mexican female	---	---	26.6	36.1	38.9	42.6	45.8
Percent of poverty level: <sup>6</sup>							
Below 100%	---	20.7	21.9	29.2	36.0	35.9	37.9
100%–199%	---	18.4	18.7	26.6	35.4	36.7	38.2
200%–399%	---	13.7	14.1	23.2	33.0	36.9	37.6
400% or more	---	10.1	10.0	18.9	25.8	29.4	31.4
20 years and over, age-adjusted <sup>4</sup>							
Both sexes <sup>5</sup>	---	---	---	22.9	30.4	33.4	34.7
Male	---	---	---	20.2	27.5	32.4	33.9
Female	---	---	---	25.5	33.2	34.3	35.5
Not Hispanic or Latino:							
White only, male	---	---	---	20.3	28.0	32.4	34.1
White only, female	---	---	---	22.9	30.7	31.6	32.5
Black or African American only, male	---	---	---	20.9	27.8	35.7	38.3
Black or African American only, female	---	---	---	38.3	48.6	53.4	54.0
Mexican male	---	---	---	23.8	27.8	29.5	36.3
Mexican female	---	---	---	35.2	38.0	41.8	44.6
Percent of poverty level: <sup>6</sup>							
Below 100%	---	---	---	28.1	34.7	35.0	37.2
100%–199%	---	---	---	26.1	34.1	35.9	37.3
200%–399%	---	---	---	22.7	32.1	35.7	36.8
400% or more	---	---	---	18.7	25.5	28.9	31.3
20 years and over, crude							
Both sexes <sup>5</sup>	---	---	---	22.3	30.5	33.5	34.9
Male	---	---	---	19.5	27.5	32.4	33.9
Female	---	---	---	25.0	33.4	34.6	35.9
Not Hispanic or Latino:							
White only, male	---	---	---	19.9	28.4	32.6	34.4
White only, female	---	---	---	22.7	31.3	32.2	33.2
Black or African American only, male	---	---	---	20.7	27.5	35.8	38.1
Black or African American only, female	---	---	---	36.7	48.7	53.2	54.2
Mexican male	---	---	---	20.6	26.0	29.0	35.6
Mexican female	---	---	---	33.3	37.0	41.2	44.2
Percent of poverty level: <sup>6</sup>							
Below 100%	---	---	---	25.9	33.0	34.6	36.5
100%–199%	---	---	---	24.3	32.8	35.0	36.8
200%–399%	---	---	---	22.1	31.8	35.5	36.8
400% or more	---	---	---	19.3	27.2	30.7	32.4
Male							
20–34 years	9.2	9.7	8.9	14.1	21.7	26.2	27.1
35–44 years	12.1	13.5	13.5	21.5	28.5	37.0	37.2
45–54 years	12.5	13.7	16.7	23.2	30.6	34.6	36.6
55–64 years	9.2	14.1	14.1	27.2	35.5	39.3	37.3
65–74 years	10.4	10.9	13.2	24.1	31.9	33.0	41.5
75 years and over	---	---	---	13.2	18.0	24.0	26.6
Female							
20–34 years	7.2	9.7	11.0	18.5	28.3	28.4	30.4
35–44 years	14.7	17.7	17.8	25.5	32.1	36.1	37.1
45–54 years	20.3	18.9	19.6	32.4	36.9	40.0	36.9
55–64 years	24.4	24.1	22.9	33.7	42.1	41.0	43.4
65–74 years	23.2	22.0	21.5	26.9	39.3	36.4	40.3
75 years and over	---	---	---	19.2	23.6	24.2	28.7

See footnotes at end of table.

**Table 68 (page 4 of 7). Healthy weight, overweight, and obesity among adults aged 20 and over, by selected characteristics: United States, selected years 1960–1962 through 2007–2010**

Updated data when available, Excel, PDF, more data years, and standard errors: <http://www.cdc.gov/nchs/hus/contents2012.htm#068>.

[Data are based on measured height and weight of a sample of the civilian noninstitutionalized population]

Sex, age, race and Hispanic origin <sup>1</sup> , and percent of poverty level	Grade 1 Obesity (BMI from 30.0 to 34.9) <sup>2</sup>						
	1960–1962	1971–1974	1976–1980 <sup>3</sup>	1988–1994	1999–2002	2003–2006	2007–2010
20–74 years, age-adjusted <sup>4</sup>							
Percent of population							
Both sexes <sup>5</sup>	11.2	10.5	10.5	14.8	18.1	20.0	19.8
Male	10.5	10.0	10.5	15.0	18.3	22.1	22.3
Female	11.7	10.8	10.5	14.7	17.8	17.8	17.4
Not Hispanic or Latino:							
White only, male	---	---	10.1	15.1	19.1	21.9	22.9
White only, female	---	---	9.4	13.0	16.3	16.9	15.6
Black or African American only, male	---	---	13.3	14.5	16.0	22.7	20.6
Black or African American only, female	---	---	18.6	19.8	21.9	23.8	24.3
Mexican male	---	---	12.8	19.3	20.2	22.6	24.6
Mexican female	---	---	16.0	22.4	23.5	23.8	25.5
Percent of poverty level: <sup>6</sup>							
Below 100%	---	12.7	13.0	17.0	18.0	19.3	19.7
100%–199%	---	12.9	12.7	16.2	18.0	20.4	19.6
200%–399%	---	10.4	10.3	14.6	20.2	22.3	20.3
400% or more	---	7.6	7.3	13.2	16.7	17.9	19.4
20 years and over, age-adjusted <sup>4</sup>							
Both sexes <sup>5</sup>	---	---	---	14.8	17.9	19.8	19.9
Male	---	---	---	14.9	18.2	21.8	22.3
Female	---	---	---	14.7	17.6	17.9	17.6
Not Hispanic or Latino:							
White only, male	---	---	---	14.9	18.9	21.6	22.7
White only, female	---	---	---	13.1	16.2	17.0	15.9
Black or African American only, male	---	---	---	14.2	16.1	22.4	20.8
Black or African American only, female	---	---	---	19.6	21.6	23.8	24.8
Mexican male	---	---	---	18.9	19.5	22.0	24.7
Mexican female	---	---	---	22.0	22.9	23.6	24.9
Percent of poverty level: <sup>6</sup>							
Below 100%	---	---	---	16.6	17.3	19.3	19.8
100%–199%	---	---	---	16.1	17.7	20.6	19.8
200%–399%	---	---	---	14.5	19.8	21.6	20.2
400% or more	---	---	---	13.3	16.6	18.0	19.4
20 years and over, crude							
Both sexes <sup>5</sup>	---	---	---	14.4	17.9	19.8	20.0
Male	---	---	---	14.3	18.1	21.8	22.3
Female	---	---	---	14.5	17.7	18.0	17.9
Not Hispanic or Latino:							
White only, male	---	---	---	14.6	19.1	21.8	22.8
White only, female	---	---	---	13.1	16.6	17.3	16.6
Black or African American only, male	---	---	---	14.0	15.8	22.2	20.6
Black or African American only, female	---	---	---	18.7	21.7	23.5	24.6
Mexican male	---	---	---	15.8	18.2	21.6	23.8
Mexican female	---	---	---	20.7	22.4	22.9	24.5
Percent of poverty level: <sup>6</sup>							
Below 100%	---	---	---	15.2	16.4	19.1	19.2
100%–199%	---	---	---	15.2	17.5	20.4	19.8
200%–399%	---	---	---	14.0	19.6	21.5	20.3
400% or more	---	---	---	13.5	17.4	18.6	19.9
Male							
20–34 years	8.2	7.1	6.8	9.8	13.7	18.1	19.0
35–44 years	11.5	11.6	11.2	14.7	19.3	24.9	23.2
45–54 years	12.9	11.6	13.5	17.3	17.8	22.4	22.6
55–64 years	9.5	11.2	11.8	20.6	25.3	27.0	25.2
65–74 years	*11.0	9.7	11.9	19.4	22.1	20.5	26.1
75 years and over	---	---	---	10.9	15.7	18.5	20.6
Female							
20–34 years	5.6	5.8	6.6	10.8	15.9	14.2	14.0
35–44 years	10.1	10.7	10.7	13.9	14.8	19.7	17.0
45–54 years	15.4	12.1	11.3	17.5	19.4	18.4	18.6
55–64 years	18.4	17.0	15.0	20.0	21.6	19.8	22.5
65–74 years	18.3	15.8	14.3	16.0	23.4	20.3	19.4
75 years and over	---	---	---	14.4	14.1	18.2	19.8

See footnotes at end of table.

**Table 68 (page 5 of 7). Healthy weight, overweight, and obesity among adults aged 20 and over, by selected characteristics: United States, selected years 1960–1962 through 2007–2010**

Updated data when available, Excel, PDF, more data years, and standard errors: <http://www.cdc.gov/nchs/hus/contents2012.htm#068>.

[Data are based on measured height and weight of a sample of the civilian noninstitutionalized population]

Sex, age, race and Hispanic origin <sup>1</sup> , and percent of poverty level	Grade 2 Obesity (BMI from 35.0 to 39.9) <sup>2</sup>						
	1960–1962	1971–1974	1976–1980 <sup>3</sup>	1988–1994	1999–2002	2003–2006	2007–2010
20–74 years, age-adjusted <sup>4</sup>							
Percent of population							
Both sexes <sup>5</sup>	2.6	2.8	3.3	5.4	7.8	8.5	9.2
Male	1.4	1.6	1.9	3.6	6.2	7.3	7.6
Female	3.6	3.9	4.4	7.0	9.4	9.8	10.7
Not Hispanic or Latino:							
White only, male	---	---	2.0	3.6	6.1	7.5	7.5
White only, female	---	---	4.0	6.5	9.1	8.9	10.3
Black or African American only, male	---	---	*	4.2	8.4	7.6	10.5
Black or African American only, female	---	---	7.1	11.0	13.8	15.6	13.4
Mexican male	---	---	2.4	4.0	5.7	5.3	7.5
Mexican female	---	---	7.7	8.7	9.4	11.7	13.4
Percent of poverty level: <sup>6</sup>							
Below 100%	---	3.7	5.6	7.1	9.6	9.2	10.2
100%–199%	---	4.3	4.3	6.6	10.2	9.6	9.8
200%–399%	---	2.4	2.8	5.3	7.7	9.1	10.8
400% or more	---	1.6	2.2	3.7	5.8	7.0	7.6
20 years and over, age-adjusted <sup>4</sup>							
Both sexes <sup>5</sup>	---	---	---	5.2	7.6	8.2	8.9
Male	---	---	---	3.5	5.9	7.1	7.4
Female	---	---	---	6.8	9.2	9.3	10.3
Not Hispanic or Latino:							
White only, male	---	---	---	3.5	5.8	7.2	7.3
White only, female	---	---	---	6.3	9.0	8.4	9.9
Black or African American only, male	---	---	---	4.1	8.3	7.6	10.2
Black or African American only, female	---	---	---	10.7	13.6	15.4	13.4
Mexican male	---	---	---	3.8	5.4	5.1	7.2
Mexican female	---	---	---	8.4	9.4	11.2	12.9
Percent of poverty level: <sup>6</sup>							
Below 100%	---	---	---	6.8	9.6	8.6	10.0
100%–199%	---	---	---	6.5	9.7	9.0	9.4
200%–399%	---	---	---	5.2	7.5	8.8	10.3
400% or more	---	---	---	3.6	5.7	6.7	7.6
20 years and over, crude							
Both sexes <sup>5</sup>	---	---	---	5.1	7.7	8.2	8.8
Male	---	---	---	3.5	6.0	7.0	7.3
Female	---	---	---	6.6	9.3	9.4	10.3
Not Hispanic or Latino:							
White only, male	---	---	---	3.4	5.9	7.4	7.4
White only, female	---	---	---	6.2	9.1	8.5	9.9
Black or African American only, male	---	---	---	4.2	8.2	7.5	10.2
Black or African American only, female	---	---	---	10.4	13.5	15.3	13.3
Mexican male	---	---	---	3.7	5.1	4.7	7.0
Mexican female	---	---	---	7.9	8.8	11.2	13.0
Percent of poverty level: <sup>6</sup>							
Below 100%	---	---	---	6.3	9.5	8.4	9.7
100%–199%	---	---	---	6.2	8.9	8.7	9.2
200%–399%	---	---	---	5.1	7.5	8.8	10.1
400% or more	---	---	---	3.8	6.4	7.4	7.9
Male							
20–34 years	*	1.9	1.8	2.9	4.1	4.5	4.7
35–44 years	*	*	*	*3.5	5.9	7.9	8.8
45–54 years	*	*1.4	*2.5	*3.5	8.5	8.3	8.9
55–64 years	*	*2.2	*	5.5	*7.4	8.4	6.7
65–74 years	*	*	*1.2	*3.8	6.9	10.3	11.8
75 years and over	---	---	---	*	*	*3.9	4.6
Female							
20–34 years	1.6	2.5	3.0	5.1	8.0	7.9	8.6
35–44 years	3.5	4.5	4.8	7.1	9.4	9.2	12.6
45–54 years	*4.0	*4.3	5.7	8.4	10.4	12.4	10.6
55–64 years	*5.7	5.2	4.9	9.4	10.9	11.4	11.5
65–74 years	*6.7	4.7	4.9	6.7	9.8	9.6	11.7
75 years and over	---	---	---	3.7	7.2	*3.9	5.5

See footnotes at end of table.

**Table 68 (page 6 of 7). Healthy weight, overweight, and obesity among adults aged 20 and over, by selected characteristics: United States, selected years 1960–1962 through 2007–2010**

Updated data when available, Excel, PDF, more data years, and standard errors: <http://www.cdc.gov/nchs/hus/contents2012.htm#068>.

[Data are based on measured height and weight of a sample of the civilian noninstitutionalized population]

Sex, age, race and Hispanic origin <sup>1</sup> , and percent of poverty level	Grade 3 Obesity (BMI greater than or equal to 40.0) <sup>2</sup>						
	1960–1962	1971–1974	1976–1980 <sup>3</sup>	1988–1994	1999–2002	2003–2006	2007–2010
Percent of population							
20–74 years, age-adjusted <sup>4</sup>							
Both sexes <sup>5</sup>	1.0	1.3	1.3	3.1	5.2	5.7	6.3
Male	*	*0.6	*0.4	1.9	3.5	3.7	4.5
Female	1.7	2.0	2.2	4.3	6.8	7.6	8.0
Not Hispanic or Latino:							
White only, male	---	---	*0.4	*2.0	3.6	3.7	4.3
White only, female	---	---	2.0	3.7	5.9	6.7	7.0
Black or African American only, male	---	---	*	2.6	3.6	6.1	7.6
Black or African American only, female	---	---	5.3	8.3	13.7	14.9	16.7
Mexican male	---	---	*	*	*3.1	*2.6	4.4
Mexican female	---	---	3.0	5.0	5.9	7.1	7.0
Percent of poverty level: <sup>6</sup>							
Below 100%	---	*4.3	3.3	5.0	8.4	7.5	7.9
100%–199%	---	1.3	1.7	3.7	7.3	6.8	8.8
200%–399%	---	1.0	1.0	3.2	5.1	5.6	6.6
400% or more	---	*0.9	*	2.0	3.3	4.4	4.5
20 years and over, age-adjusted <sup>4</sup>							
Both sexes <sup>5</sup>	---	---	---	3.0	4.9	5.4	6.0
Male	---	---	---	1.8	3.3	3.5	4.2
Female	---	---	---	4.0	6.4	7.2	7.6
Not Hispanic or Latino:							
White only, male	---	---	---	*1.9	3.3	3.5	4.0
White only, female	---	---	---	3.5	5.5	6.3	6.7
Black or African American only, male	---	---	---	2.5	3.4	5.6	7.3
Black or African American only, female	---	---	---	8.0	13.4	14.2	15.8
Mexican male	---	---	---	*	*2.9	*2.4	4.4
Mexican female	---	---	---	4.9	5.7	6.9	6.8
Percent of poverty level: <sup>6</sup>							
Below 100%	---	---	---	4.7	7.8	7.0	7.5
100%–199%	---	---	---	3.6	6.7	6.3	8.1
200%–399%	---	---	---	3.1	4.8	5.2	6.3
400% or more	---	---	---	1.9	3.2	4.2	4.4
20 years and over, crude							
Both sexes <sup>5</sup>	---	---	---	2.8	4.9	5.4	6.0
Male	---	---	---	1.8	3.4	3.5	4.3
Female	---	---	---	3.8	6.4	7.2	7.7
Not Hispanic or Latino:							
White only, male	---	---	---	*1.9	3.4	3.5	4.1
White only, female	---	---	---	3.3	5.6	6.3	6.8
Black or African American only, male	---	---	---	2.6	3.5	6.1	7.2
Black or African American only, female	---	---	---	7.6	13.4	14.4	16.3
Mexican male	---	---	---	*1.1	*2.7	*2.7	4.9
Mexican female	---	---	---	4.7	5.7	7.0	6.6
Percent of poverty level: <sup>6</sup>							
Below 100%	---	---	---	4.3	7.1	7.1	7.5
100%–199%	---	---	---	3.0	6.4	5.9	7.9
200%–399%	---	---	---	3.0	4.7	5.2	6.3
400% or more	---	---	---	2.0	3.5	4.7	4.6
Male							
20–34 years	*	*	*	*1.3	3.9	3.6	3.4
35–44 years	*	*	*	*	*3.2	4.2	5.2
45–54 years	*	*	*	*	*4.2	*3.9	5.1
55–64 years	*	*	*	*	*2.8	3.9	5.4
65–74 years	*	*	*	*	*	*2.1	*3.6
75 years and over	---	---	---	*	*	*	*
Female							
20–34 years	*0.8	1.5	*1.4	2.7	4.5	6.3	7.7
35–44 years	*2.2	*2.4	*2.3	4.5	7.9	7.2	7.5
45–54 years	*	*	*2.7	6.4	7.2	9.2	7.7
55–64 years	*3.2	*	*3.0	4.2	9.5	9.8	9.4
65–74 years	*	1.5	2.4	4.2	6.2	*6.4	9.2
75 years and over	---	---	---	*	*	*2.1	*3.4

See footnotes at end of table.

**Table 68 (page 7 of 7). Healthy weight, overweight, and obesity among adults aged 20 and over, by selected characteristics: United States, selected years 1960–1962 through 2007–2010**

Updated data when available, Excel, PDF, more data years, and standard errors: <http://www.cdc.gov/nchs/hus/contents2012.htm#068>.

[Data are based on measured height and weight of a sample of the civilian noninstitutionalized population]

-- Data not available.

\* Estimates are considered unreliable. Data preceded by an asterisk have a relative standard error (RSE) of 20%–30%. Data not shown have an RSE greater than 30%.

<sup>1</sup>Persons of Mexican origin may be of any race. Starting with 1999 data, race-specific estimates are tabulated according to the 1997 *Revisions to the Standards for the Classification of Federal Data on Race and Ethnicity* and are not strictly comparable with estimates for earlier years. The two non-Hispanic race categories shown in the table conform to the 1997 Standards. Starting with 1999 data, race-specific estimates are for persons who reported only one racial group. Prior to data year 1999, estimates were tabulated according to the 1977 Standards. Estimates for single-race categories prior to 1999 included persons who reported one race or, if they reported more than one race, identified one race as best representing their race. See [Appendix II, Hispanic origin; Race](#).

<sup>2</sup>Body mass index (BMI) equals weight in kilograms divided by height in meters squared. See [Appendix II, Body mass index \(BMI\)](#).

<sup>3</sup>Data for Mexican-origin persons are for 1982–1984. See [Appendix I, National Health and Nutrition Examination Survey \(NHANES\)](#).

<sup>4</sup>Age-adjusted to the year 2000 standard population using five age groups: 20–34 years, 35–44 years, 45–54 years, 55–64 years, and 65 years and over (65–74 years for estimates for 20–74 years). Age-adjusted estimates in this table may differ from other age-adjusted estimates based on the same data and presented elsewhere if different age groups are used in the adjustment procedure. See [Appendix II, Age adjustment](#).

<sup>5</sup>Includes all other races not shown separately.

<sup>6</sup>Percent of poverty level is based on family income and family size using U.S. Census Bureau poverty thresholds. Persons with unknown percent of poverty level are excluded (8% in 2007–2010). See [Appendix II, Family income; Poverty](#).

NOTES: Percents do not sum to 100 because the percentage of persons with BMI less than healthy weight (18.5 kilograms per meters squared) is not shown and the percentage of persons with obesity is a subset of the percentage with overweight. Height was measured without shoes; 2 pounds were deducted from data for 1960–1962 to allow for weight of clothing. Excludes pregnant women. Standard errors for selected years are available in the spreadsheet version of this table. Available from: <http://www.cdc.gov/nchs/hus.htm>. Data for additional years are available. See [Appendix III](#). Data have been revised and differ from previous editions of *Health, United States*.

SOURCE: CDC/NCHS, National Health and Nutrition Examination Survey, Hispanic Health and Nutrition Examination Survey (1982–1984), and National Health Examination Survey (1960–1962). See [Appendix I, National Health and Nutrition Examination Survey \(NHANES\)](#).